



UCOOK

Lentil Dahl & Crispy Bhajis

**with a creamy korma curry base,
piquanté peppers & cashews**

This twist on a classic dahl features a creamy coconut korma sauce, two varieties of lentils, nourishing kale, and pickled peppers. Topped with crispy homemade chilli bites, or “bhajis”. The perfect end to a cold winter’s day!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

20g	Cashew Nuts <i>roughly chop</i>
1	Onion <i>peel & finely dice</i>
15ml	Spice & All Things Nice Korma Curry Paste
75ml	Dry Red Lentils <i>rinse</i>
5ml	Vegetable Stock
55ml	Packo Chilli Bite Mix
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
50g	Kale <i>rinse & roughly shred</i>
60g	Tinned Lentils <i>drain & rinse</i>
100ml	Coconut Cream
10ml	Lime Juice
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GET TOASTIN' Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. DAHL FIT FOR A DAHLING Place a pot over medium heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the diced onion with a pinch of salt until soft and translucent, 2-3 minutes (shifting occasionally). Add the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Mix in the rinsed red lentils, 180ml of water, and the stock. Simmer until the lentils are soft, 8-10 minutes (stirring occasionally).

3. BEAUTIFUL BHAJI BALLS Place the chilli bite mix in a bowl with the remaining onion, $\frac{1}{2}$ the chopped coriander, and $\frac{1}{2}$ the toasted cashews. Mix in 40ml of water until well combined.

4. GET THEM CRISPY Return the pan to medium-high heat and fill with enough oil to deep fry. When hot, carefully drop tablespoon size balls of batter into the hot oil and fry the bhajis until cooked through and golden, 2-3 minutes (flipping halfway). Remove from the pan, drain on paper towel, and season.

5. THE LAST STRETCH Once the red lentils are cooked, add in the shredded kale and the drained tinned lentils. Stir through $\frac{3}{4}$ of the coconut cream until combined. Simmer until the kale is wilted, 3-4 minutes (stirring occasionally). Remove from the heat, add the lime juice (to taste), and season.

6. WARM & SOULFUL Bowl up the hearty dahl, swirl through the remaining coconut cream, and top with the crispy bhajis. Scatter over the drained peppers, the remaining cashews, and the coriander. What a meal, Chef!

Nutritional Information

Per 100g

Energy	896kJ
Energy	214kcal
Protein	9.3g
Carbs	24g
of which sugars	3.7g
Fibre	4.7g
Fat	8.3g
of which saturated	4.7g
Sodium	201mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy, Cow's Milk

Eat
Within
4 Days